

Food Bytes

Sodium Savvy—School Meals

Did you know that kids *and* adults can have high blood pressure? Eating a lot of sodium is linked to high blood pressure. As part of the Healthy Hunger-Free Kids Act, schools are reducing sodium in school meals. In 2014-15, schools are required to meet weekly sodium targets for meals:

Grade	Lunch	Breakfast
K-5	≤1,230mg	≤540mg
6-8	≤1,360mg	≤600mg
9-12	≤1,420mg	≤640mg

Did you know that a teaspoon of salt has about 2,300 mg of sodium? Make choices to eat less sodium and eat healthier:

- *Focus on fresh foods.* Fresh fruits and veggies, meats, poultry and fish along with dry beans, eggs, milk, yogurt and grains, like rice, are low in sodium.
- *Eat less processed foods.* Cured meats (bacon, sausage, hot dogs, lunch meats), canned foods, and frozen foods (pizza, nuggets, corn dogs) have more sodium.
- *Cook more often at home.* Use little or no salt when cooking. Rinse and drain canned vegetables.
- *Skip the salt shaker.* Use herbs and spices, other than salt, to season food.
- *Read food labels* - ingredients and the Nutrition Facts. Look for “low sodium”, “reduced sodium”, or “no salt added”.
- *Use caution with condiments* (soy sauce, ketchup, salad dressing, pickles, olives, etc.).

Menus for January 2015

[Insert name of Local Education Agency] Schools

			Thursday, January 1	Friday, January 2
				
Monday, January 5	Tuesday, January 6	Wednesday, January 7	Thursday, January 8	Friday, January 9
Monday, January 12	Tuesday, January 13	Wednesday, January 14	Thursday, January 15	Friday, January 16
Monday, January 19	Tuesday, January 20	Wednesday, January 21	Thursday, January 22	Friday, January 23
Monday, January 26	Tuesday, January 27	Wednesday, January 28	Thursday, January 29	Friday, January 30

January

- Family Fit Lifestyle Month
- Salt Awareness Week (January 26-30)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>

Sources: www.fns.usda.gov, www.eatright.org